

Samuel Gilbert Public School

Parent Support Group



PARENT SUPPORT GROUP

CHARTER

- It is the intention of the Parent Support Group to assist new families to the school by providing information about available facilities and useful information about the country.
- To encourage partnerships in education between parents and the school through the encouragement of collaboration and planning.

WELCOME

The Parent Support Group extends its warmest welcome to new families to the school, area and country. It can be a very harrowing process to settle into a strange new place and that is why we have banded together to form our group. Parents helping parents.



Following you will find information that has been collated by The Parent Support Group. Most of our committee members have relocated at some time, so hopefully you will find it relevant. Included are useful numbers for new families to the area or country, from what number to dial for the Emergency Services to what sports teams most Samuel Gilbert families have joined. It is not intended to be a definitive list, but to be used as a starting point. It is intended to be a fluid document, adding and removing groups etc. as necessary.

Also contained in these pages are useful hints on particularly Australian things - like spiders! We hope you find the pack useful and that it helps speed up the orientation process.

We value your feedback on the usefulness of this information pack and as a new group we welcome any suggestions you have on how we can improve things for the future. Please do not hesitate to ask if there is anything we have missed or that you want to know.



MEDICARE



What is it?

Medicare is the means by which doctors are paid and patients are refunded some or all of medical appointment costs. There are exceptions to refunds (Contact Medicare for details)

How does it work?

Without going into too much detail - we'd be here forever, basically you:

- Register your family with a branch of Medicare, the nearest is in Castle Towers, Castle Hill (Level 3). You will need identification to do this. Passports of the family, drivers licence, bills addressed to you. etc - the more you take the better
- You will receive a number to use at doctors until you receive your Medicare Card (this looks like a credit card)
- Present this card every time you go to the doctor for billing.
- If your doctor 'bulk bills' this means you pay nothing and all fees are paid by the Government. If they don't bulk bill you will need to pay as you go and you will be issued with a receipt.
- Take the receipt to Medicare and they will give you cash back over the counter. This might not be the whole amount of the appointment costs depending on how much your doctor charges, if their fee is more than the standard fee the government pay, you won't receive the amount that makes up the difference (or gap). Therefore it makes sense to find a doctor that bulk bills!
- **Safety Net**
 - Whilst registering for Medicare you should also register for the Safety Net. This entitles you to a greater percentage refund if your medical expenses reach \$700 or more in a year.

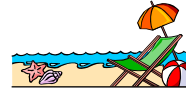
PRIVATE HEALTH FUNDS

Many Australians are now in privately managed health funds. Many services in Australia are not billed the same as in other countries and it is very much as case of you pay as you use a service. Many people have found that it is cost effective to join a private fund to claim things back such as optical expenses, dental, physiotherapy, private hospital cover etc. A couple of suggestions are listed in the useful numbers section.

BEACH SAFETY

Welcome to the great Aussie culture of beach life. Although beaches are great fun and fantastic for the kids, Aussie beaches have their own unique ways to get your attention. Things to watch out for are:

Jelly Fish - in hotter months *Box Jelly Fish* in Queensland stop bathers from entering the water. They are highly toxic and give extremely painful stings that are potentially fatal. Occasionally other jelly fish - Bluebottles, drift down the NSW coast to our Central Coast or Northern beaches or even into Sydney / Manly. Warnings are usually displayed and sometimes beaches will be closed if the problem is severe



Rips - Tidal undercurrents in the surf can drag even strong adult swimmers under the water and out to sea. Most popular beaches have Life Savers / Life guards. You must observe their hazard warning Red and Yellow flags, and only swim between them. Sometimes this can be a matter of metres

Sharks - whilst not a massive problem, it still advisable to keep an eye out if using surf boards in less populated beaches. There has been the odd case of water skiers being attacked in the tributary rivers (Parramatta River and Hawkesbury River) of the Sydney region.

SUN SAFETY



Glorious though it is to wake up most days to clear blue skies and warm sunshine, the Australian sun is very cruel. Australia has the most common incidence of skin cancer (melanoma) in the world. The Cancer Council recommend that if possible, do not go outside in the extreme heat of the day, 11am - 3pm. Even on cloudy days ultra violet rays can cause damage. Particular care must be taken with children that they "slip, slop, slap.

Especially at the beach, sporting occasions, or in the garden, Slip on a shirt, Slop on the sunscreen SPF30+, and Slap on a wide brimmed hat.

Most schools, including Samuel Gilbert, have adopted a 'no hat, no play' policy. If your child isn't wearing a hat they have to remain in a shaded area. This is the case all through the year. TV weather forecasts will advise you of especially bad UV exposure days where extra care needs to be taken.

BUSH FIRES

Bush fires are no joke. The Hills area is particularly bushy and extra special care needs to be taken to ensure fires do not start. You may see the coloured boards with the arrows pointing to the danger sometimes brought in when hot. Please observe these bans, a cigarette tossed absentmindedly from a car can be the start of a raging inferno. Bush fires spread rapidly and gum trees can explode due to the eucalyptus gas that is within them. (Incidentally it is this very gas that causes the blue haze over the Blue Mountains, hence the name.)



TERMITES / WHITE ANTS

These little critters just love wood. When buying a home always have it checked by pest control professionals who look for termite activity. Treatments are available for wood - most people use treated pine for external timbers, as termites don't like the taste, and subterranean control barriers are available for installation from pest control companies to deter them from eating your property. Termites are crafty and eat wood from the inside to outside so a timber can look perfectly healthy but in fact be completely hollow and paper thin, only to be discovered when you put your hand through it.



SPIDER SAFETY

Your author is a self confessed arachnophobe and as such lives life in a constant state of mental alertness to deal with her nemesis. Whilst not all spiders in Australia are poisonous, most of them could give you a nasty bite if provoked or disturbed by accident. One, in particular, the *Funnel Web*, can be very aggressive and is deadly. It is so named because it likes to make a funnel shaped web surrounding its home - usually underground. They prefer quiet areas, and come out mostly in wetter conditions when their homes may become flooded, or to mate, or when building work or gardeners have disturbed the ground. Shock tactics aside, awareness of the dangers is the first step to dealing with these dangerous creatures.

Simple Precautions

1. **Never** pick up any spider
2. Wear sturdy shoes and gloves whilst gardening
3. Professional pest control companies offer a spraying service to homes that can deter spiders from dwelling there. These sprays can last up to 12 months.
4. Aerosol sprays are useful to have around in case of emergencies
5. If you have a pool, check regularly for spiders, Funnel Webs can live in air pockets under water for days. Also take care emptying the leaf baskets.
6. If bitten by a spider, especially children, or any age if the spider is a Funnel Web or a Red Back, seek medical attention immediately. Anti venom's are available.



7. Check shoes before putting them on & spray letterboxes, spiders like to make their homes in them.

Spiders to be extra careful around

1. *Funnel Web* - Sydney is the main home of the Funnel Web, especially The Hills District
2. *Red Back* - Black with red stripe on its back. Sometimes this stripe can be very faint.
3. *House Spider* (Black). Toxic bite
4. *White Tail* - tip of its body is white. These spiders can cause horrid ulceration's that take months to heal.

Contacts: Blake's Pest Control - for spraying or identification information
Nationwide Pest Control - for pest control spraying and termite control. Internet sites will have spider identification photos

TICKS

If your country of origin is not Australia, you may think ticks are great - approval for correct work! Unfortunately, ticks also can be negative. They are pests which live primarily in the bark of gum trees, but may be found in grass, marsh and wooden fences. For humans a tick bite can pose a problem ranging from a simple mosquito-like bite to an attack of "*Lymes disease*" which attacks the nervous system and is not unlike meningitis. In animals, especially dogs, cats and horses, ticks may cause paralysis and irreversible infections.

In children or adults that have been playing or walking in grass or bush land, it is advisable to check them for ticks. They appear about the size of a large ant, black/grey in colour and could be found in clothing or hair. You'll know if the insect is a tick by its burrowing action. The tick usually burrows under the skin, head first and is difficult to remove.

First Aid

- Smother the "burrowing site" with a lubricant (Vaseline, butter or honey).
- Leave the lubricant to smother and kill the tick - approx. 12 hrs.
- After 12 hrs. remove the insect with tweezers, as you would a splinter.
- If any part of the insect has not been removed from the site apply anti-septic ointment and remove where required.
- If the insect has already burrowed completely under the skin, seek urgent medical attention.



PETS

Our furry friends need to be considered too. All cats and dogs need to be micro-chipped and dogs have to be registered with the local council. Animals need to be immunised annually (or sometimes more regularly with puppies or kittens) against common diseases. They also need protection against fleas, mites, ticks and heartworm. Ticks can cause paralysis whereas Heartworm can obstruct breathing in an animal.

There are preparations (some brands are Frontline and Revolution) which can be applied to the skin of the animal and give protection against these nasties. See your vet for more information.



MOTORING

If you are new to the country you will probably need a new drivers licence, depending on the agreements between your country of origin and Australia. Only a matter of a couple of years ago, your author had to take a computer knowledge test and a physical driving test (I've been driving 15 years!) However the rules have changed somewhat and for UK immigrants there's just a simple knowledge test. It's best to check with the RTA to see if you need to do this. Many insurance companies won't insure you if you don't have an Australian Licence. The NRMA is a good place to start for new insurance's. The NRMA and RTA details are attached in the Useful Numbers guide.

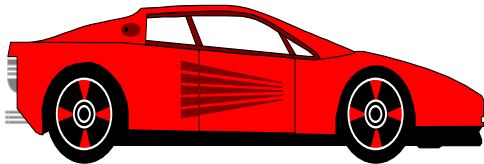
Driving Licences - When you renew your licence you will be required to take an eyesight test at the RTA - if you wear glasses you will be allowed to use them for the eye test, which are done at each counter, and it will be noted on your licence.

Pink Slips / Green Slips / Rego's - What are these?

A Pink Slip is the pink piece of paper you are issued when your car has passed its **certificate of road worthiness** when your car has reached a certain age. Mechanics check for things like tyre treads, indicators, safety belts etc.

A Green Slip is the green piece of paper that you need from your insurance company and is a legally required **Compulsory 3rd Party Insurance**. You may also decide to take up comprehensive car insurance that is separate from 3rd party insurance as like the name suggests it only covers a third party in case of injury.

Rego - This is a **registration or road tax** that you pay annually to the Road Traffic Authority (RTA). You need to take along your Green slip & Pink slip (if your car is of the age) to do this. Once paid you will be issued with a sticker to display on the front windscreen of your car. Nearest RTA office is Annella Avenue, Castle Hill. Alternatively there is one at Thornleigh. There is an alternative way to register with the RTA through their website, where you complete a form online quoting reference numbers on your pink and green slips.



PARENT SUPPORT GROUP - USEFUL NUMBERS

	PHONE
EMERGENCY SERVICES	000
Fire, Ambulance, Police	000

LOCAL POLICE

Castle Hill Police	9680 5399
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BUSH FIRE BRIGADE

Baulkham Hills Fire Control Centre	9654 1244
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POISON INFO LINE	131126
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SALVO CRISIS (SUICIDE) LINE	9331 2000
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SES (State Emergency Service) Emergency help in flood or storm	132500
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MEDICAL**HOSPITALS**

	PHONE	ADDRESS
Childrens Hospital - Westmead	9845 0000	Westmead. Nurse's advice line 24hrs.
Westmead Public Hospital	9845 5555	Westmead
Hornsby Hospital (public)	9477 9123	Palmerston Road Hornsby
SAN - Sydney Adventist Hospital (Private)	9487 9111	185 Fox Valley Road, Wahroonga
Hills Private Hospital - nearest Accident and Emergency (but not free)	9639 3333	499 Windsor Road, Baulkham Hills
Royal North Shore (RNS) (Public)	9926 7111	Pacific Highway, St Leonards

DOCTORS

Dural Family Medical Centre (bulk bill kids) (Xray facilities available)	9651 2077	Dural B'ness Pk, Old Northern Road, Dural
Castle Towers Medical Centre (Open till 10pm)	8850 2400	Level 2, The Piazza, Castle Towers
Barwell Medical Centre (Bulk Billing) (Xray & Pathology onsite)	9634 3622	Barwell Avenue, Castle Hill
Dural Family Medical Practice	9651 2077	Dural Shopping Mall (nr Woolworths)

PHARMACIES / CHEMISTS

Oze Pharmacy (7 days/ Cheap prescriptions)	9899 9177	Hudson Centre, Victoria Ave, C Hill
Knightsbridge Pharmacy (7 days Sun - midday)	9680 3252	Knightsbridge Shops, Gilbert Road
National Pharmacies (7 days)	9629 1403	Kellyville Plaza, 50 Wrights Road, Kellyville
Soul Pattinson (Open 7 days & public hols)	9651 3547	644 Old Northern Road, Dural, 2158

EARLY CHILDHOOD CLINIC

Samuel Gilbert Public School Tues 9.30 - 11am	9634 3696	Ridgecrop Drive
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ANAPHALAXYS AUSTRALIA	1300 728 000	
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ASTHMA FOUNDATION	1800 645 130	www.asthmaaustralia.org.au
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DENTISTS

Castle Hill Childrens Dentist	9634 4844	329 Old Northern Road, Castle Hill
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HILLS FAMILY CENTRE Advice group on many subjects eg. bullying, self esteem etc	9899 2944	30 Showground Road, Castle Hill
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EAR SPECIALISTS

Dr Josephine Motbey	9484 6470	Hannah Street, Beecroft
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EATING DISORDERS	9412 4499	
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	PHONE	ADDRESS
MEDICINE LINE	1300 888 763	

OPTOMETRIST / OPTICIAN

Merringtons (Bulk Bill)	9899 8890	Castle Towers Shopping Centre
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PHYSIOTHERAPY

Cherrybrook Physiotherapy	9894 3360	Cherrybrook Shopping Village
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PODIATRIST (Foot specialist)

Dural Podiatry & Sports Podiatry Centre	9651 3227	564 Old Northern Road, Dural
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COUNCELLORS / PSYCHOTHERAPISTS

Robin D Evans	9875 4050	Or 0439 884 050.
SGPS School Counsellor - Glenda Walter	9680 4477	

VETERINARY CLINICS

Glenhaven Veterinary Clinic	9894 6344	Old Northern Road, Glenhaven
Baulkham Hills Animal Referral Hospital	9639 7744	24 / 7. Very caring with animals - Expensive

MEDICARE	132011	Enquiry line
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INFORMATION LINES

	PHONE	ADDRESS
CENTRELINK (Social Services)	131021	7 Seven Hills Road, Baulkham Hills

CRIME STOPPERS	1800 333 000	
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LONE PARENT FAMILY SUPPORT	9251 5622	
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PARENT LINE 9am - 4.30pm	132055	
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FAMILY CRISIS SERVICE	9622 0522	or 9622 0313
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PARENTS WITHOUT PARTNERS	9632 5342	Castle Hill CommunityCentre
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MENS LINE AUSTRALIA	1300 789 978	For men with family & relationship concerns
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DOCS HELPLINE	132111	
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CHILD LINES

Kids Helpline - FREE	1800 551 800	
Youth Line (Salvo)	9360 3000	

DIRECTORY ENQUIRIES	12455	or 1223
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INTERNATIONAL DIRECTORIES	1225	
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TRANSPORT INFORMATION LINE	131500	www.131500.com.au
Westbus	9890 0000	www.westbus.com.au
Blue Ribbon	4935 7200	
Glenorie	9651 1944	www.glenoriebus.com.au
Rail Transport (Beecroft & Pennant Hills are nearest rail stations)	131500	www.cityrail.com.au

TRADES / SERVICES

	PHONE	ADDRESS
GAS		
AGL	131 245	Enquiries

WATER

Sydney Water	132092	Enquiries
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ELECTRICITY CO.S	PHONE	ADDRESS
Integral Energy	131003	Enquiries
Energy Australia	131388	Enquiries

PHONE COMPANIES

Telstra, Optus, AAPT, etc Cheap International calls are available via a pre-paid card that you can buy from certain newsagencies		
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ELECTRICIANS

Cralec (Craig Anderson)	9680 2614	Or 0418 470 832. Castle Hill
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PLUMBERS

A1 Quinny's Plumbing	8850 0213	2 Inverness Crt
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BUILDERS

Basso Building Services	9680 4795	or 0407 017 380 (Bruno) 101 Ridgescrop Drive
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CHURCHES

Castle Hill Community Church	9634 3433	47 Britannia Road, Castle Hill
Anglican - St Paul's	8858 1111	421 Old Northern Road, Castle Hill
Catholic - St Bernadettes	9634 2622	367 Old Northern Road, Castle Hill
Hillsong - Hills Worship Centre	8853 5353	Norwest Business Park

EDUCATIONAL

TUTORING

	PHONE	ADDRESS
SWOT SHOP (extension tutoring)	9634 2000	Norwest Bus' Park, 8 Columbus Way
A4 Mathematics	9899 5544	2/253 Old Northern Road, Castle Hill

MUSIC LESSONS

Samuel Gilbert Band has a list of tutors		Contact via band box in school office
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SPORT / LEISURE

ADULT GYM

RSL		Castle Hill
Living Well Gym	9899 4299	6 Victoria Ave, Castle Hill
Curves (women only)	9659 8129	2 Packard Ave, Castle Hill

ART CLASSES

Dural Art Studios	9651 3456	Dural Bus' Park, New Line Road
Stroke Of Confidence	9639 1170	New Castle Hill Community Cntr, (new library) or 0404 088 571 email: richarddyuen@hotmail.com

BASKETBALL

Basketball Centre	9894 8944	Off Gilbert Road (Nr Fred Caterson Reserve)
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DANCE

Physie (Girls - Ladies, boys - 3-9)	9836 0204	or 8824 5355. Glenhaven / Kellyville
Deborah Johnson Dance Centre	8850 0647	3 locations in Castle Hill & Dural

DRAMA GROUPS

Touchdry (Children)	9899 7217	Samuel Gilb Pub School (Louise Elsmore)
Castle Hill Players	9634 3846	Pavillion Theatre, Showground, Castle Hill

GIRL GUIDES

Castle Hill Guides	8850 3927	Guide Hall, 5 Bounty Ave, Castle Hill
Girls Brigade	9894 2822	Castle Hill Baptist Church, Showground Rd

GYMNASTICS

RSL	9846 1200	Castle Hill
Tumbletime Gymnastics (Julia Masterton)	9679 0427	Samuel Gilbert School - Monday 4 - 6pm

HORSE RIDING

	0417 652 274	Leonie
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	PHONE	ADDRESS
KARATE / TAEWONDO Greg Wylie - Taekwondo	9958 5508	3 locations incl. Sam Gilb Public School

KIDS SOCIAL CLUBS

Girls Impact - Thurs 4.30pm - 6pm	9634 3433	Castle Hill Comm'ty Church, Britannia Rd
Boys Impact - Tues 6pm - 7.30pm	9634 3433	Castle Hill Comm'ty Church, Britannia Rd
GFS		

LITTLE ATHLETICS Age 6 and up - all events covered	9633 4511	Cherrybrook. www.laansw.com.au Association of NSW
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NETBALL

Gazelle	9894 5064	
Baulkham Hills Sports Club Netball	9636 8842	Jeanette

PILATES

Pilates Tone & Stretch Classes	0412 535 364	Glenhaven Community Centre
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SCOUTS

1st Castle Hill Scout Group	9634 1337	Mr R Hillier
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SOCCER

Castle Hill Soccer		
Glenhaven Soccer Club	0403 209 140	or Warren Little email w.little@bigpond.net.au

SWIMMING LESSONS

Waves	9639 6763	Baulkham Hills
Winrams	9651 2670	Dural Bus' Park, New Line Road
David Wick Swim School	9634 5200	13 Carrington Road, Castle Hill
Blacktown Leisure Centre	9241 2600	
Kellyville Wave Pool		

TAI CHI		Samuel Gilbert Public School
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TENNIS

Grand Slam Tennis Academy	9659 6599	or 0402 845 845 (Frank) - Hastings Park
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TOY LIBRARY	9634 1457	4 Terminus Street, Castle Hill
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TRAMPOLINING	9846 1200	RSL, Castle Hill
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MISCELLANEOUS

BEFORE / AFTER SCHOOL CARE	PHONE	ADDRESS
Samuel Gilbert Public School	9899 2729	Samuel Gilbert Public School
Lynn Wilson	9634 2436	Or 0414 500 653
Karen Conlan	8850 5620	Or 0421 762 905

LIBRARIES

Castle Hill	9761 4510	Castle Hill
Dural	9651 2627	Dural

RSL Recreational club with good facilities incl. restaurants, gym, pool, entertainment, etc	9634 4800	Castle Hill
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LOCAL SHOPPING CENTRES

Castle Towers	9899 5916	Old Castle Hill Road
Castle Mall	9680 2666	Old Northern Road
Knightsbridge Shopping Court		Gilbert Road

SHOPPING	PHONE	ADDRESS
Uniforms - (School Uniform Shop)		Also Lowes for Castle Towers for Uniforms
David Jones, Myers - General goods		Large retail chains, Castle Towers etc
Kmart, Target - General goods		Cheaper retail chains, Castle Towers etc
Trading Post (Magazine for 2nd hand items)		www.tradingpost.com.au

SUPERMARKETS		
Woolworths, Coles		Large supermarket chains
Franklyns, Aldi		Discount supermarkets
IGA	9899 3449	Local supermarket - Knightsbridge

SCHOOL WEBSITE		
	9680 4477	www.samuelgilb-p.schools.nsw.edu.au

LOCAL COUNCIL		
Baulkham Hills Shire Council www.baulkhamhills.nsw.gov.au	9843 0555	Showground Road, Castle Hill Great website for local info on many subjects

INSURANCE CO.S		
NRMA All types of cover given. Members rewards & discounts given at various outlets eg. Sydney Aquarium when you show your member card	131122	
AAMI	132244	
CGU	131532	
RWA Group, Chatswood	9976 2511	Most cover incl electrical storm damage

MOTORING		
Road Traffic Authority	132213	www.rta.nsw.gov.au
NRMA	132122	Castle Towers Shopping Centre

PRIVATE MEDICAL		
MBF (cheap movie tickets as rewards)	131137	Castle Towers
Medibank Private	132331	Castle Towers

ACCOUNTANTS / TAX		
Glenhaven Tax Services Pty Ltd	9899 4086	

LEISURE (Good party venues for kids)		
Lollipops (indoor play centre)	9680 8868	Hudson Ave
The Edge Indoor Rock Climbing	9899 8228	Hudson Ave
Tenpin Bowling - Wondabowl	9680 7677	3 Salisbury Road, Castle Hill
Ice Skating		Norwest
Movies, Greater Union (16 screens, 2 sites)	9894 6533	Castle Towers, Castle Hill
Drive In Movies		Eastern Creek Road, Eastern Creek
Dural Putt Putt (Crazy Golf)	9651 1334	Cnr Cranstons / Old Northern Road, Dural
Golf Driving Range	9651 1999	260 New Line Road, Dural
Lawn Bowls - Castle Hill Bowling Club	9634 2192	Castle Street, Castle Hill

LIONS CLUBS		
Baulkham Hills	9624 6580	
Kellyville	9624 6580	
Beecroft	9629 1063	

SLIMMING		
Jenny Craig	9634 7277	3-9 Terminus Street, Castle Hill
Weight Watchers	131997	www.weightwatchers.com.au

HOLIDAY ACCOMODATION		
		'Wotif' or 'Need it Now' are good websites

FREE FAMILY ACTIVITIES		
Cumberland State Forest		Old Northern Road, Castle Hill
Berowra Car Ferry (Cafe)	9456 4665	(Cafe) Berowra
The Rocks Puppet Show & Markets		The Rocks, Sydney
Fred Caterson Bike Track (BMX or mountain bikes)		Fred Caterson Reserve - off Gilbert Road
Erlestoke Park (play equipmt, bbq's,		Off David Road, Castle Hill

FREE FAMILY ACTIVITIES

	PHONE	ADDRESS
flat bike track, basketball / tennis courts)		
Bobbin Head - Park, Playground, Cafe		
Wisemans Ferry - Parkland, BBQ's, Cafe		

MARKETS

Parklea Markets (weekends only)		Parklea
North Rocks Market (Sundays am) donation on entry		North Rocks Road, opp. Westfield Shop Centre
The Rocks Market		The Rocks - Sydney

OTHER INFORMATION SOURCES

Quality information is available from local libraries or the Local Council. (See websites)
Sydney's Child magazine (available free in school foyer or other outlets)
White & Yellow Pages Phone books (front sections carry useful numbers and some have a locality guide)
Hills Shire News - free paper
Times - free paper

Disclaimer:

The information provided above is done so in good faith and is gathered from parents who have used the services and found them to be convenient, reliable or well used by other SGPS families. As these are external organisations or services to the school the P&C does not accept any responsibility for poor service or changes to any of the above companies or groups.